

Roberta Hill

Creative

Dancing



## Books :

- (1) Material for Modern Dancing - notice board
- (2) The Modern Dance - John Martin
- (3) The Rhythm Book - Lily Waterman
- (4) American Dancing - John Martin
- (5) Articles & pictures - New York Times
- (6) Journal of Health & Phys. Ed. magazine
- (7) The Dance Observer - Magazine
- (8) Christian Science Monitor.

## American Dancers -

Iris Humphrey  
Charles Weidman  
Martha Graham  
Manya Holme

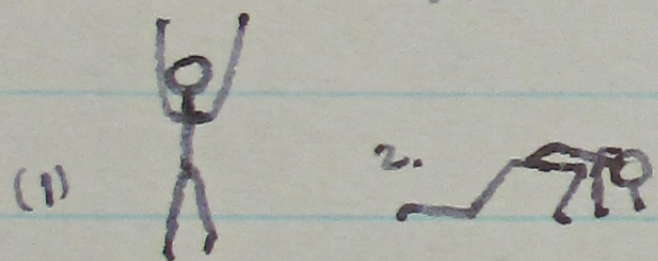


Lesson I Oct. 10<sup>th</sup>

Warming-Up Exercises. (a) Skipping around room in one large circle.  
(b) Two lines formed at each end of room facing one another. 8 running steps forward, 8 back, seven forward, 7 back, 6 forward & back, etc. down to one. The first beat on forward & backward steps is emphasised by a stamp on floor.

Exercises:

1. From tenseness to relaxation.  
Arms above head, raised on toes with every muscle tense. On beat of drum sink to floor completely relaxed. Right leg out at side along floor, left knee bent & on toe. Head & arms drop forward.



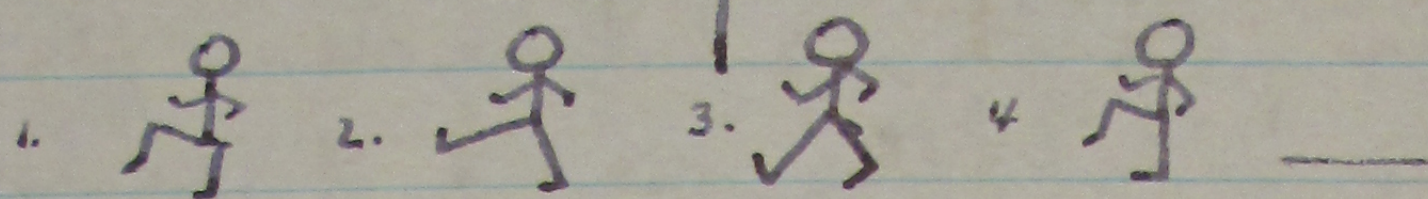
2. Sitting erect, legs apart.  
Sitting on floor, legs straight & as far apart as possible, toes pointed. Stretch up thru the back, head high, lower part of back well drawn in & no support from hands.

3. Correct walking around room.

- (a) Knees lifted, toe pointed down.
- (b) Leg straightened, toe up, heel down.
- (c) Heel on floor, other leg has toe just touching ground.
- (d) Roll onto ball of foot, other leg then raised



(2) Weight is slightly forward & head is held high.



## Lesson II Oct. 12<sup>th</sup>

### Warming-Up Exercises

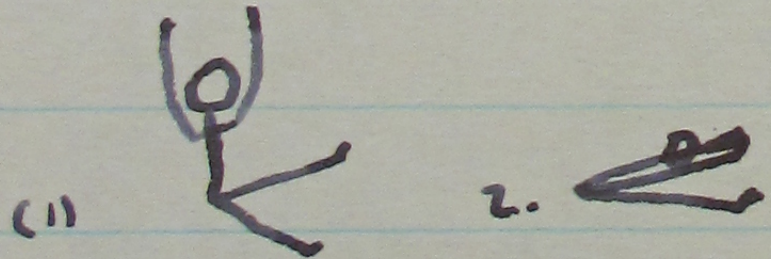
(a) Circle. Skip 4 times to R. jump 3 times turning, clapping hands on 4. Skip 4 to L. jump 3 turning, Clap on 4. Repeat.

(b) Variations: Skipping forward 4 steps & turning instead of sliding sideways, skip back turning with a clap. Repeat.

### Limbering-Up Exercises:

1. Sitting erect legs apart.

Without help, sitting with back straight & legs wide apart. Stretch both hands down to touch right toes, then left. Between touches lift head & hands high toward ceiling. Back arched.



2. To strengthen leg muscles.

Sitting in same position as above. raise right knee off the floor by contracting upper leg muscles. This stiffening whole leg & drawing toes up. Heel does not move. Press leg flat onto floor again by using muscles. Do not relax them.

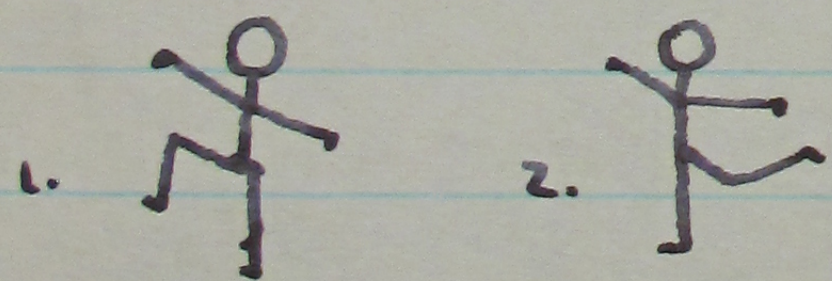


### 3. Shoulder movements.

Sitting with legs on right & right arm out in front, shoulder fairly high, elbow slightly bent & fingers just touching floor. By means of shoulder muscles, elbow & wrist, raise hand & arm slowly above head fingers coming up last as if they were pulling a weight. Dropping shoulder first, elbow, wrist & finally hand as palm reaches floor, then arm is in former position. Change legs to other side & repeat with other arm.

### 4. Hip loosening.

Arms outstretched shoulder height, one hand grasping bar for balance. Raise other leg with knee bent in front. Swing leg back, then forward completely relaxed & all movement coming from hips. Turn about & repeat with other leg.



### 5. Wrist & Hand movements.

- (a) Right arm outstretched, clench fist, let fingers relax. Repeat changing hands. Variations by stretching fingers out as far as possible as if reaching, then relaxing.
- (b) Move fingers as if doing 5-finger exercises back & forth. Stretch fingers as far out as possible.



(c) Right arm outstretched move hand in clockwise direction. All movement coming from wrist. Change direction. Repeat with left.

Lesson III: Oct. 17<sup>th</sup>

Warming-Up Exercises.

- (a) Running around room.
- (b) Four groups each in a corner. In turn the ~~team~~ groups run to opposite corners starting very slowly & gathering speed until at the end they are running as fast as possible. Reverse time by starting quickly & ending slowly.

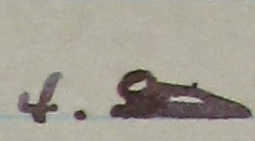
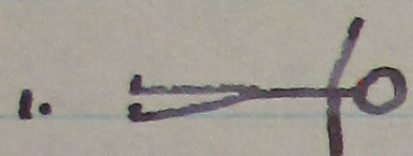
Limbering-Up Exercises.

1. Repetition of (a) Sitting erect, legs apart & touching toes. (II. 1)  
(b) leg muscle strengthening (II. 2.)  
(c) Shoulder movements & arch. (II. 3)  
(d) Hip loosening - This time all holding hands for balance. (II. 4.)
2. Holding hands for balance every second person working. Point left toes over right foot, swing leg sideways from hip, then back across foot & repeat. Keep knee straight & foot pointing forward. Be sure leg does not go to back or front but directly sideways. Repeat with right leg.



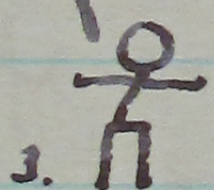
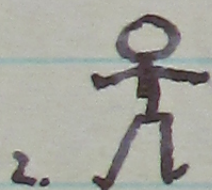
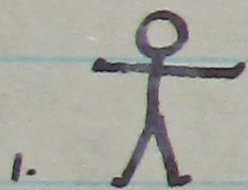
### 3. Chest Expansion.

Lying flat on back, arms extended sideways. Raise chest slowly so that you are resting on top of head. Slowly rise to sitting position & over to touch toes with hands keeping chest up & head back until the very last. Drop back to floor & repeat.



### 4. Development of back muscles.

Feet apart, arms extended shoulder height, drop left shoulder & move pectoral girdle to left, keeping hips firmly in position. Drop right shoulder & bend to right. Try with partner pushing shoulder down & holding hip. Try holding your own hips.



5. Hands on shoulder repeat as above this time keeping shoulders steady & moving hip girdle from side to side.

### 6. Variations of walking.

a. Walk around room ordinarily

b. " painting toes so that they touch floor first.

c. Walk - touching heel first - exaggerated.

d. " pigeon toe.

e. " duck footed (toes pointed out.)



f. Walk on tip toe with quick mincing  
steps.

g. Walk with long, low, slow steps

Lesson IV Oct. 19<sup>th</sup>

Warming - Up exercises.

a. Skipping in circle. Leading  
line in smaller circle  
& go on spirally into middle &  
out in same way until one  
circle is formed again.

Limbering - Up Exercises.

1. Repetition of:
  1. Chest expansion (III C.)
  2. Tension to relaxation (I 1.)
  3. Hip swinging (III 2) II, 4.

2. Hip & Shoulder Movements.

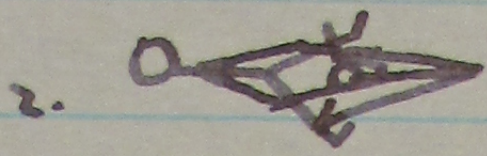
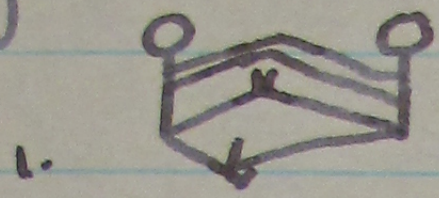
Combination of moving chest from  
side to side without hip movement  
& vice versa. Lean to left, step with  
right foot drawing left after you  
& straightening first hip, shoulders,  
then head. Lean to right, step l.  
& repeat.

3. Stretching higher leg muscles.

Sit on floor facing partner, legs  
wide apart, back straight. One person  
places feet on ankles of other person.  
Holding hands the inside person  
leans back to lie flat on floor  
pulling other person forward.



Sit up then outside person leans back to lie on floor. Change positions of feet & repeat.



#### 4. Shoulder movements.

(a) Sitting on floor with feet on right cup (arms) in front (oval shape) hands level to hips. Stretch arms out sideways & back, first shoulders moving, elbows & lastly the hands.

b. Do same as 11, 3 only this time work with both arms, one going up as other comes down.

#### 5. (a) Foot strengthening.

Stand with one foot in front & raise up heel, bending toes and pulling as if to push heel from arch of foot. Raise & lower. Repeat with other foot.

(b) Standing with feet together raise heels up & down as if to jump only toes are glued to floor. Make it light & springy.

(c) Do same, one foot going up, then the other, alternately. Toes are glued to floor.





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